

Skin

Esthetics

Basic Facial—\$50

If your ultimate goal is to have a healthy, radiant-looking complexion, the way to achieve this is to bring the skin into balance and increase the skin's vital functions.

Whether your skin is oily, dry, combination, sensitive, impure or in need of revitalization. A specialist will help determine your individual needs to bring newfound balance and glow to your skin. Each facial is custom designed to meet our client's individual needs, using the finest Phytomer products.

Back Facial Cleansing Treatment—\$50

Glycolic Treatment—\$28

This is an extensive treatment designed to rapidly exfoliate the epidermal cells and reduce scars and fine lines. Glycolic treatment also helps clarify the complexion and improves hyper pigmentation.

Soft Touch High Energy



the *Ultimate* day *Spa*

Excellence In Bodywork
Professional Massage Therapists

*Our Therapists are
Nationally Certified & Licensed*

Commando Fitness Center
Bldg. 90232
Hurlburt Field, FL
(Next to Hurlburt Lanes)

For Appointment, call 884-7928
For Information, call 884-4412



• the benefits of •

Massage Therapy



Spa Treatment





*W*e've all thought it, heard it or said it before, "I need a massage." Once considered to be just hedonistic pampering for the rich and famous, massage therapy is now finding enormous popularity among millions of Americans.

Massage therapy provides relief to people from all walks of life. The weekend athlete, the home gardener, the overstressed executive, secretaries, waitresses, laborers, virtually everyone feels a need for massage therapy sooner or later.

Numerous research conducted in the United States, Europe, and Asia have documented that far beyond simply "feeling good"—massage therapy provides an impressive range of physical, mental and emotional benefits.

Massage reduces the effects of stress, relaxes tense muscles, increases blood circulation, decreases chronic pain and strengthens the immune system. It can improve nerve function and aid in encouraging a more restful sleep.

Therapeutic Massage

Any Modality
30 Minutes — \$28
1 Hour — \$40

Spa Treatments

*Salt Glow or Body Polish
& 1/2 Hour Massage—\$60*

Body Polish or Salt Glow is designed to remove the suffocating layer of dead cells from the body. This treatment leaves skin soft, supple and tingling with renewed life.

1/2 Hour Hand & Foot Massage & Paraffin Treatment—\$48

Paraffin treatment restores moisture to dry skin, making hands and feet look years younger. Hand and foot massages help soothe aching muscles and joints.

Whole Package:

*Salt Glow, Face Massage,
Hands Paraffin Treatment
& 1/2 Hour Massage—\$108*

Enjoy the benefits of a full treatment.

*Therapy Stone Massage
1 Hour & 15 Minutes—\$98*

This treatment is very soothing to the body. By using various massage techniques and warm stones in harmony, this massage technique relaxes the body at its deepest level. It also is very effective in creating harmony and positive energy flow.

*R*elaxing Is Within Your Reach